

Reflections on Motherhood

Day Seven



Today we're exploring how you feel about your role as a parent (or as caregiver in general). Are you conscious of how you were raised and how it impacts how you parent today? Many of us have strong feelings about how we were mothered. How do YOU feel about your mom?

Visualization Meditation

Visit our virtual classroom and listen to the visualization meditation. Immediately after completing the visualization take a few moments to journal about what came up for you. We all have a lot of emotions that come up when we think about how we were parented as well as how we feel about our own role as a parent. Be honest with yourself and express the good, the bad, and the ugly. **Then let it go.**

You are only human and so is your mother. Try to keep in mind that sometimes the challenges that we experience growing up can become our gifts, or at least an opportunity for wisdom. Once we have awareness, we can begin to make conscious decisions about our behavior rather than acting mindlessly.

Wisdom Exercise

One thing that I would like to improve upon that would allow me to feel more confident in my role as a mother is _____

I will take action on this starting _____

Some roadblocks to my success are

_____ ,
but I will _____

_____ to make sure that I honor my commitment to myself and my family.

Essential Oil Suggestion

Use **Motivate** to start your day and in the afternoon around 3pm.

Use **Peace** around 6pm and anytime you feel anxious and **Lavender** right before bed

Use **Forgive AND Console** during the meditation and journaling.

EFT Set-Up/Affirmation

Repeat three times while tapping on karate chop point.

Even though I am not a perfect mom, I deeply love and accept myself.

